

HERBALIFE 15 DAYS PROGRAM : LOSE WEIGHT, FEEL GREAT

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Raw celery and carrots with low fat dressing or a Herbalife Protein Bar + Thermojetics Herbal Beverage	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	1 Cottage Cheese or a Herbalife Protein Bar, + Thermojetics Herbal Beverage	One chicken breast with soy sprouts, carrots, celery, squash, onion, green beans + dark green salad with reduced calorie dressing
DAY 2	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	1 apple and cottage cheese, + Thermojetics Herbal Beverage	Tuna mix with chopped veggies, 1/4 avocado and light italian dressing	Low fat yoghurt	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk
DAY 3	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Thermojetics Herbal Beverage + Cottage cheese or a Herbalife Protein bar	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Herbalife Protein bar + Tomato juice & a fruit	Crab meat, 1/2 avocado, dark green salad leaves, soy sprouts, reduced fat cheese, sliced mango and reduced calorie dressing
DAY 4	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Cottage cheese + Herbal Thermojetics Beverage	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Low fat yoghurt + 1 nectarine or Herbalife Protein bar	Soy protein burger, grilled peppers, onion, aubergine, soy sprouts, tossed green salad with low fat dressing
DAY 5	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Low fat yoghurt with Oatmeal	1 egg, tomato salsa, 1 slice wholegrain toast, 1/2 grapefruit	Raw celery and carrots with low fat dressing	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk
DAY 6	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	1 fresh pear and low fat yoghurt + Herbal Thermojetics Beverage	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Cottage cheese + Herbal Thermojetics Beverage	Turkey breast, carrots, celery, squash, green beans and green salad with low calorie dressing
DAY 7	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Tomato juice and 1 apple	Two spoons Formula 1 , Personalized amount of Formula 3 , mix with 1/2 water and 1/2 semi skim milk	Herbal Thermojetics Beverage and one low fat yoghurt	Grilled fish, 2 cups spinach, soy sprouts and grilled peppers and onion
WEEK 2	Repeat the same program one more week ! Believe in yourself !				